

# RHE NEWSLETTER

AUTUMN TERM YR 1

## WHAT IS RHE?

Relationship Health Education is taught as part of the PSHE curriculum. The aim of RHE is to provide children with age appropriate information, enabling them to explore attitudes and values and develop skills. The RHE covers areas of particular relevance and concern to children and young people today. This includes; mental health and wellbeing and learning about safe, healthy relationships, including understanding consent and safety online.

You can view the RHE/PSHE curriculum and policies on the school, website here <https://www.bowleepark.rochdale.sch.uk/psherhe/>

### Relationships, Health Education(RHE)-Primary changes from September 2026

From September 2026, primary schools in England will teach the updated RHE curriculum. Children will learn more about:

- Healthy relationships, respect and kindness
- Online safety and protecting personal information
- Body safety, boundaries and trusted adults
- Mental health and emotional wellbeing
- Personal safety, including road, water and rail safety

## HOW CAN I SUPPORT MY CHILD?

Useful websites:

- NSPCC PANTS- <https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>
- SCARF (RHE/PSHE programme that we use in school)- Activities to do at home with your child <https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home>
- Talking to your child about sensitive topics <https://www.coramlifeeducation.org.uk/family-scarf/parents-and-schools-together/talking-with-your-child-about-rse>

## KEY VOCABULARY

### ME AND MY RELATIONSHIPS AND MEET THE BRAIN

RULES, SAFE, RESPONSIBILITY, WORK TOGETHER, BRAIN, CELLS, TEAM H-A-P, HIPPOCAMPUS, AMYGDALA, PREFRONTAL CORTEX, HAPPY BREATHING, NEUROPLASTICITY, BIG EMOTIONS

### VALUING DIFFERENCE AND CELEBRATE

CHARACTER STRENGTHS, LOVE AND KINDNESS, BRAVERY AND HONESTY, EXPLORING AND LEARNING, TEAMWORK AND FRIENDSHIP, LOVE OF LIFE AND OUR WORLD, UNIQUE, SPECIAL, STRENGTHS SPOTTING, SAME, DIFFERENT/DIFFERENCE, RESPECT, TEASING



### AUTUMN 1:

- TO CONTRIBUTE TO THE MAKING OF CLASS RULES AND UNDERSTAND THAT THEY HELP EVERYONE TO LEARN AND STAY SAFE. RULE OF LAW.
- IDENTIFY QUALITIES OF FRIENDSHIP AND SUGGEST SIMPLE STRATEGIES FOR MAKING UP. RRS-A-31, 15 MUTUAL RESPECT AND TOLERANCE.
- WE ARE LEARNING WHAT OUR BRAIN LOOKS LIKE AND HOW IT HELPS US. WE ARE LEARNING THAT THE BRAIN HAS 3 PARTS.
- WE ARE LEARNING WHAT NEUROPLASTICITY IS. WE ARE LEARNING HOW TEAM H-A-P HELP US BE OUR BEST SELF.
- WE ARE LEARNING WHAT HAPPENS WHEN TEAM H-A-P IS HAPPY AND SAD. WE ARE LEARNING HOW YOU CAN HELP TEAM H-A-P.
- WE ARE LEARNING MORE ABOUT HAPPY BREATHING AND HOW IT HELPS US. WE ARE LEARNING THAT OUR BRAIN CAN REACT DIFFERENTLY IN DIFFERENT SITUATIONS.
- WE WILL BE RECAPPPING AND THINKING ABOUT HOW WE CAN USE OUR NEW KNOWLEDGE.

DEAR PARENTS AND CARERS,

WE ARE CONTINUING TO TEACH THE MYHAPPYMIND PROGRAMME ALONGSIDE THE PROGRAMME SCARF. THE PROGRAMME HELPS CHILDREN UNDERSTAND HOW THEIR BRAINS WORK AND DEVELOP POSITIVE SKILLS AND HABITS TO SUPPORT THEIR WELLBEING.

TO HELP REINFORCE THIS LEARNING AT HOME, MYHAPPYMIND OFFERS A FREE PARENT APP. THE APP INCLUDES INFORMATION ABOUT WHAT YOUR CHILD IS LEARNING, ACTIVITIES TO ENJOY TOGETHER, AND GAMES IN THE KIDS' ZONE. [HTTPS://MYHAPPYMIND.ORG/PARENT-RESOURCES](https://myhappymind.org/parent-resources) TO CREATE YOUR FREE ACCOUNT. YOU WILL NEED TO ENTER YOUR NAME, EMAIL, AND AUTHENTICATION CODE.

YOUR AUTHENTICATION CODE IS 133446.  
OR SIMPLY SCAN THIS QR CODE TO SIGN UP



ONCE YOU HAVE CREATED YOUR ACCOUNT, YOU WILL RECEIVE AN EMAIL WITH THE NEXT STEPS ON DOWNLOADING THE APP.

WE REALLY ENCOURAGE YOU TO MAKE USE OF THIS FREE CONTENT SO THAT YOU CAN SUPPORT YOUR CHILD IN GETTING THE BEST OUT OF THE CURRICULUM.

IF YOU HAVE ANY QUESTIONS ABOUT MYHAPPYMIND, PLEASE CONTACT YOUR CLASS TEACHER.

## AUTUMN 2:

- IDENTIFY THE DIFFERENCES AND SIMILARITIES BETWEEN PEOPLE. RRSA – 1, 2 MUTUAL RESPECT AND TOLERANCE
- EXPLAIN THE DIFFERENCE BETWEEN UNKINDNESS, TEASING AND BULLYING.
- WE ARE LEARNING WHAT CHARACTER IS. WE ARE LEARNING HOW CHARACTER MAKES US SPECIAL.
- WE ARE LEARNING MORE ABOUT CHARACTER STRENGTHS. WE ARE LEARNING WHY IT IS IMPORTANT TO USE OUR STRENGTHS.
- WE ARE LEARNING MORE ABOUT THE TYPES OF CHARACTER STRENGTHS THAT WE USE MOST. WE ARE LEARNING WHY IT IS IMPORTANT TO USE OUR STRENGTHS.
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